

TITLE SPONSOR
OF THE HERNDON
FESTIVAL



Town of Herndon Parks & Recreation Dept.
P.O. BOX 427
HERNDON, VA 20172
703-787-7300
www.HerndonFestival.net



.....
10k/5k

Sunday, June 3
Start Time 7:30 AM

Race and Fitness EXpo

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10k/5k Race and Fitness Expo

THE HERNDON FESTIVAL 10K/5K RACE AND FITNESS EXPO

The annual Herndon Festival 10K/5K Race is scheduled for Sunday, June 3 at 7:30 a.m. A Fitness Expo will be held in conjunction with the race.

Organized by the Herndon Parks and Recreation Department, the race will begin and end at the Herndon Community Center. Both of the races will be run on certified courses throughout the town on paved roads. Water stops will be available throughout the course.

The race will once again be using ChampionChip technology to ensure fast, accurate race results.

AWARDS

Awards will be given to the top two finishers, male and female, for each race in the following age categories: 13 and under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over.

Overall winners & age division winners will receive awards.

T-shirts will be given to all pre-registered 10K and 5K participants. Racers will also receive a post-race pass to the Herndon Community Center.

POST RACE ACTIVITIES

- Refreshments will be provided for participants
- Fitness Expo
- Awards Ceremony
- Door Prize Drawings
(must be present to win)
- Live Post Race Music

Race Sponsored By:

Village Center
at
Dulles

Walk-In Registration and Packet Pick Up

Walk-in registrations will be accepted at the Herndon Community Center, 814 Ferndale Avenue. Runners may register and pick up race packets, t-shirts, race chips, and race numbers on Saturday, June 2, 11 AM – 4 PM and on Sunday, June 3, 6:15 – 7:15 AM.

Please Note

Participants should be able to complete the 10K Race in 90 minutes and the 5K Race in 45 minutes. After these times, race officials will transport any participants still remaining on the courses back to the Herndon Community Center.

Both the 10K & 5K courses are USATF certified. USATF rules prohibit strollers, baby joggers, pets, in-line skates and headphones on the course.

Directions

From DC/Northern Virginia/Maryland, take Route 66 or 495 to the Dulles Toll Road. Take the Toll Road West to Herndon (Exit 10). Go right on Elden Street. Take a left immediately after the fifth light onto Ferndale Avenue.

Race Sponsored By:

Village Center at Dulles

Just look for the Clocktower on Centreville Road near the Dulles Toll Road.

Parking

Limited parking will be available at the Herndon Community Center. Additional parking is available at Herndon Middle School, located at 901 Locust Street (from Elden Street, take a right on Locust Street before coming to Ferndale Avenue).

ChampionChip Results

This event will be scored using the ChampionChip Timing System. At packet pick-up, runners will be issued a rental computer chip which is attached to the shoe lace and worn throughout the race. Special mats at the finish will record a finishing time for each chip. All rental chips must be returned at the finish line.

There will be a \$35 charge for ChampionChips not returned.



Herndon Festival • May 31—June 3, 2007

After the race, join us at the Herndon Festival. The Herndon Festival features national-level musical performers, a carnival, three stages of top entertainment, an arts & crafts show, business expo, children's hands-on art area, great food and more! The Festival is one of Northern Virginia's top outdoor events and it is free!

10k/5k Race and Fitness Expo Registration Form

Last Name _____ First Name _____

Street _____ City _____

State _____ Zip _____ Daytime Phone (____) _____

Age _____ Sex _____ *I am a ChampionChip owner. My chip number is _____

***There will be a \$35 charge for ChampionChips not returned.**

Birth Date _____ 10K _____ 5K _____

Email Address (optional) _____

Make Checks Payable to the: Town of Herndon

Total Payment Enclosed: \$ _____



or



Credit Card # _____

Exp. Date _____

Signature _____ Date _____

Return completed application form and payment to:

Herndon Festival 10K/5K Race and Fitness Expo, Parks & Recreation Department
P.O. Box 427 • Herndon, VA 20172-0427

Waiver and Release From Liability; Authorization for Medical Treatment

I realize that participation in the "Herndon Festival 10K/5K Race", may involve risk from physical activity and from other causes. I consent to participate in this activity, and I assume this risk. I medically certify to the Town of Herndon that the above-named person has no medical or physical infirmity that may render participation in the race inadvisable, are of suitable age to participate in the race, and will properly prepare for the race. I authorize the Town of Herndon, its officers, employees, agents, sponsors, and volunteers authority, at any such person's discretion and at my expense, to administer or to procure for me any medical attention they may deem necessary. I am signing and returning this form to the Town of Herndon in consideration of the Town's providing the opportunity to participate in this activity. If I am a minor my parent or guardian is signing for me.

SIGNATURE & DATE

SIGNATURE OF PARENT/LEGAL GUARDIAN (IF UNDER 18)

Register online at www.active.com • Visit our website at www.HerndonFestival.net • 703-787-7300

Registration Fees

Early Bird Registration \$20
(postmarked by May 7, 2007)

Regular Registration \$25
(May 8-June 2, 2007)

Race Day Registration \$30
(June 3, 2007)

Youth ages 15 & under \$15
(flat fee)

To Volunteer,
or for more information
on the race,
call 703-787-7300.

Accommodations
Marriott Washington
Dulles Suites
is our preferred hotel
provider.

Call 1-800-228-9290 and
request the Herndon
Festival
Room Block